



CYBER HEALTH INFORMATION CORNER

Here are some recommended websites that you can use to live healthier. Please feel free to contact us with any questions or concerns you may have@ Appt. line: 456-6555.

Websites:

General Health-
www.cemm.org
www.cdc.gov/vaccines
www.ahrq.gov

Deployment-
www.afterdeployment.org

Symptom Checker-
www.familydoctor.org

TRICARE
www.tricare.mil
www.triwest.com/en/beneficiary/healthy-living

(Supplemental information only, not to replace medical advice from your Primary Healthcare Provider)



<http://www.facebook.com/barksdaleafbclinic>



2D MEDICAL GROUP NEWSLETTER

Immunization Awareness Month

Immunization Awareness Month

Preventing Diseases-Get Your Shots!

Thanks to vaccines, vaccine-preventable diseases have been nearly eradicated. For example, there have been no reported cases of polio in over 12 years. However, don't let this fool you. Most vaccine-preventable diseases are not completely gone. In 2007, there were 40,146 cases of chicken pox in the U.S. and 14 deaths as a result these cases. Highly contagious diseases can spread quickly. You can prevent this from happening by getting immunized. All it takes is an "ounce of prevention." Stay current on your shots!

2012

Recommended Immunizations for Babies

at birth	HepB	
2 months	HepB + DTaP + PCV + Hib + Polio + RV 1-2 mos	
4 months	DTaP + PCV + Hib + Polio + RV	
6 months	HepB + DTaP + PCV + Hib + Polio + RV 6-18 mos*	(Influenza) 6 mos through 18 years**
12 months	MMR + PCV + Hib + Varicella + HepA 12-15 mos* 12-15mos* 12-15 mos* 12-15 mos* 12-23 mos*	(Influenza) 6 mos through 18 years**
15 months	DTaP 15-18 mos*	(Influenza) 6 mos through 18 years**

Is your baby on schedule?

By the time your baby is 15 months old he/she should have received the following shots (see schedule above):

DPT/DTaP - 4
IPV/OVP - 3
MMR - 1
Hep B - 3
HIB - 3
Varicella - 1
PCV - 4
Hep A - 2
RV - 2/3
Influenza - 2

Vaccine Descriptions:

DTaP: a combined vaccine that protects against diphtheria, tetanus, and pertussis (whooping cough)

IPV: protects against polio

MMR: protects against measles, mumps, and rubella (German measles)

HepB: protects against Hepatitis B

Hib: protects against Haemophilus influenza type b

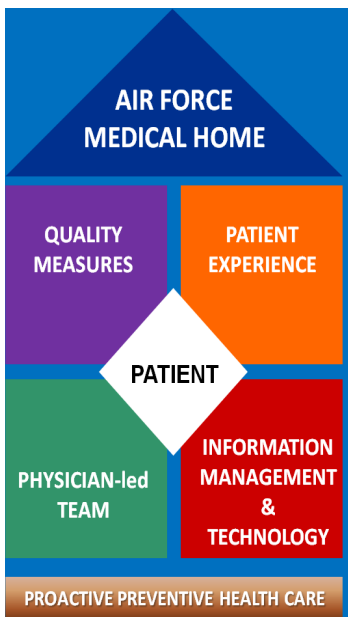
Varicella: protects against varicella, also known as chickenpox

PCV: protects against pneumococcal disease

HepA: protects against hepatitis A

RV: protects against infections caused by rotavirus

Influenza: protects against influenza (flu)



Where to get Information on your child:

patiented.aap.org
www.healthychildren.org/
new.dhh.louisiana.gov/kidshealth.org
www.cdc.gov/
www.letsmove.gov/
www.fitness.gov/
www.operationmilitarykids.org/
www.militarychild.org/

*Not to be substituted for medical care

Follow us on Facebook
 The Medical Group has developed a Facebook page, "Barksdale AFB-2d Medical Group." Please visit and "Like" us. Our page is packed full of information and loaded with additional helpful links. Come check us out!

<http://www.facebook.com/barksdaleafbcclinic>



2 Medical Group

2012 Immunization Schedule: Birth - 6 yrs

Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
HepB	HepB			HepB						
	RV	RV	RV							
	DTaP	DTaP	DTaP			DTaP				DTaP
	Hib	Hib	Hib		Hib					
	PCV	PCV	PCV		PCV [†]					
	IPV	IPV			IPV					IPV
							Influenza (Yearly) [*]			
					MMR					MMR
					Varicella					Varicella
							HepA [§]			

Shaded boxes indicate the vaccine can be given during shown age range.

2012 Immunization Schedule: 7 - 18 yrs old

7-10 YEARS	11-12 YEARS	13-18 YEARS
Tdap [†]	Tetanus, Diphtheria, Pertussis (Tdap) Vaccine	Tdap
	Human Papillomavirus (HPV) Vaccine (3 Doses) [‡]	HPV
MCV4	Meningococcal Conjugate Vaccine (MCV4) Dose 1 [‡]	MCV4 Dose 1 [‡] Booster at age 16 years
	Influenza (Yearly) [*]	
	Pneumococcal Vaccine [‡]	
	Hepatitis A (HepA) Vaccine Series [§]	
	Hepatitis B (HepB) Vaccine Series	
	Inactivated Polio Vaccine (IPV) Series	
	Measles, Mumps, Rubella (MMR) Vaccine Series	
	Varicella Vaccine Series	

These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.

These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.

These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note that healthy children **can** get the HepA series[§]. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.

2012 Immunization Schedule: 18 - 65+ yrs

	If you are this age,					
Then you should get these vaccines:	19 - 21 years	22 - 26 years	27 - 49 years	50 - 59 years	60 - 64 years	65+ years
Influenza (Flu)						Get a flu vaccine every year
Tetanus, diphtheria, pertussis (Td/Tdap)						Get a Tdap vaccine once, then a Td booster vaccine every 10 years
Varicella (Chickenpox)						2 doses
HPV Vaccine for Women		3 doses				
HPV Vaccine for Men	3 doses	3 doses				
Zoster (Shingles)						1 dose
Measles, mumps, rubella (MMR)	1 or 2 doses				1 or 2 doses	
Pneumococcal (pneumonia)			1 or 2 doses			1 dose
Meningococcal			1 or more doses			
Hepatitis A			2 doses			
Hepatitis B			3 doses			

Boxes this color show that the vaccine is recommended for all adults unless your doctor or nurse tells you that you cannot safely receive the vaccine.

Boxes this color show when the vaccine is recommended for adults with certain risks related to their health, job or lifestyle that put them at higher risk for serious diseases. Talk to your doctor or nurse to see if you are at higher risk.

No recommendation

2 MEDICAL GROUP BARKSDALE AFB, LOUISIANA